

# Pharmacy DAILY

Tuesday 24 July 2012

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## Mental health tool

**THIS** week sees the launch of a new online mental health tool, myCompass, designed to support people living with a mental health issue such as anxiety or depression.

Developed by a team of health professionals and funded by the govt, myCompass includes online psychological tools, round-the-clock monitoring of moods and behaviours and motivational tips via email and SMS.

## Downplaying the Polypill

**THERE** is much more to healthy living than just taking a tablet, according to the UK's Royal Pharmaceutical Society (RPS).

The comments follow in the wake of a recent UK study published in *PLoS One* which saw researchers provide 86 participants aged over 50 and with no history of cardiovascular disease, with a Polypill.

The Polypill is a four-in-one therapy which bundles amlodipine 2.5mg, losartan 25mg, hydrochlorothiazide 12.5 mg and simvastatin 40mg together in one dose.

The participants took the pill each evening for 12 weeks and a placebo each evening for 12 weeks in random sequence.

The research results found that participants' mean systolic blood pressure was reduced 12% on the Polypill, and that their diastolic blood pressure dropped 11%, whilst their LDL cholesterol reduced by 39% on the once-daily medication.

The results prompted a host of stories extolling the Polypill's virtues which in turn piqued the public's interest.

"The polypill may have some promise but we've got to remember that this study is based on 86 people and we'd need to see evidence in 10-20,000 more before we could consider medicating all people over the age of 50 to reduce their risk of the heart attacks and strokes," the RPS said.

"It's tricky to identify the correct group of patients for this type of intervention and we're in danger of giving a message that all you

need to do when you get to 50 is take a tablet and your problems will be sorted out.

"There's much more to healthy living than just taking a tablet and lifestyle is so important for reducing risk of heart attacks and strokes - eating healthily, doing physical activity, not smoking and maintaining a good bodyweight," the RPS added.

Despite this statement, the RPS did concede that combining the medications into one tablet may make life easier for patients.

The caveat to this however, according to the RPS, is that this ease of use single pill would come at a greater cost price than the individual drugs themselves.

## Congrats Tuart Hill!

**THE** Amcal Max Tuart Hill team has won the Actegy Health best display award promoting the \$50 cash back promotion.

The team won out of a field of more than 100 entries, taking the top spot due to the promotion's prominent display area, correct promotional POS, display of demonstration unit and provision of free trial.

Actegy also dished out honourable mentions and supplementary prizes to Blooms the Chemist Cronulla and Andrews Pharmacy in Mt Warrigal.

"Thank you so much everybody for your participation and support, this financial year sale has been an overwhelming success and we will shortly announce our next in-store promotion," said Actegy.

## WIN DAVID BABAI'S HAIR PRODUCTS



Every day this week, **PD** is giving one lucky

reader the chance to win a prize pack inclusive of **David Babai's** hair products, valued at \$70.

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### Guild Update

## PBN is coming!

THE Pharmacy Business Network (PBN) is happening 13-16 September at the National Convention Centre in Canberra.

The PBN is one of the Guild's most exciting initiatives - in place of the Women and Young Pharmacists' conference, the PBN will continue the legacy of former Guild National Councillor and pharmacy advocate, the late Judy Liauw, and forms a key part of the Guild's continuing vision to develop pharmacy owners and leaders of the future.

While at the PBN, participants will be able to get answers to pressing business questions with the help of the PBN Business Pod experts. This free 'ask the expert' feature connects you with a team of business professionals who can answer questions on a wide variety of business-related topics.

Spaces are limited for the business pods so register for the PBN and lock in one or more free 20 minute consultations.

Selections include legal, accounting, insurance, retail leasing, IT business support and HR business support.

Register for the PBN and select your business pod sessions now at [pharmacybusinessnetwork.com](http://pharmacybusinessnetwork.com)



The Pharmacy Guild of Australia

## Guardian comes out on top

**GUARDIAN** Pharmacy is the brand with the most satisfied customers, according to a recent survey undertaken by Canstar Blue.

The survey looked at the responses of 1,962 participants who had purchased products from well-known pharmacy brands including Guardian, Amcal, Terry White, Chemist Warehouse, Chemmart and Priceline, across Australia in the past six months.

Participants were quizzed on their experiences relating to the pharmacy that they had visited, with questions covering areas including value for money, health product range, beauty product range, service, pharmacist availability, health programs, and advice.

Using the respondents' answers, Canstar Blue then assigned each pharmacy a star rating for each category, as well as an overall rating for customer satisfaction.

According to the results, Guardian was the only pharmacy to receive five stars for overall satisfaction.

Guardian also scored five stars for its service, health product range, pharmacist availability, health programs and advice, and picked up four stars for its beauty and

product range, as well as three stars for value for money.

Other top performers included Chemist Warehouse which scored five stars for value for money and health product range; whilst Priceline picked up five stars for its beauty product range.

Amcal, Chemmart, Terry White and Chemist Warehouse also all scored four stars for overall satisfaction.

## USYD Disability study

**RESEARCHERS** from the University of Sydney are currently calling for young people in Australia with congenital or acquired physical, sensory and chronic disabilities who are aged 19 to 26, to participate in a new study.

Titled '*Disability and Ability: How young people with impairments make the transition to adulthood*,' the study will follow the life experiences of 100 participants, and hopes to shed light on how the experiences of young Australians with a disability are shaped by discrimination.

"We know that adolescence is a vital developmental phase in able-bodied people - a real make or break time in terms of what role a person will play in society or on its margins - so it is likely to be the optimal time for interventions in the lives of people with impairments," said study head Dr Nikki Wedgwood.

For more information email [transition.study@sydney.edu.au](mailto:transition.study@sydney.edu.au).

## CHC registrations

**REGISTRATIONS** for the Complementary Healthcare of Australia's 2012 National Conference and Annual Industry Awards are now open.

See [www.chc.org.au](http://www.chc.org.au) for details.

## DISPENSARY CORNER

**DON'T** ignore that faint feeling.

A 24-year old Turkish news anchor is red-faced after fainting whilst interviewing a guest.

The woman, Seda Selek, seemed to realise that something was wrong during the interview and began to fidget and play with her hair in a bid to stay conscious.

Unfortunately for Selek her body took over and she soon slumped backwards, much to the shock of her guest, producers, cameraman, crew and audience.

The shock did not last more than a few seconds however, with her guest and crew leaping to her aid.

Selek has since quelled concerns for her health saying her "blood pressure dropped" and assuring everyone that her doctors have since given her the all clear.

"She's fine, just embarrassed at fainting in front of the entire nation," one of the anchor's friends told media.

**MIRACLE** escape.

A 39-year old Polish man has miraculously walked away from an accident which split his car in half.

The man collided head-on with another car in a smash which not only split his car in half, but sent both cars flying through the air, with the front of his car landing 13 metres away from its rear.

Both drivers walked away from the accident, but were sent to hospital for observation.



## Congratulations

Amcal Max Tuart Hill team!

Your display has won the best display award and we sincerely hope that you all enjoy the prize.

- ✓ Large prominent display
- ✓ Correct Promotional POS
- ✓ Demonstration unit displayed
- ✓ Free trial promoted

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